

HELPING OTHER PEOPLE



CHRISTOPHER ROSE

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Chapter 1: Why You Should Help Other People

I wrote this book to help people understand why it is important to help other people and give back. Helping other people has become one of the most crucial career paths and vocations to be a part of, and helping other people is essential to humanity.

Helping other people is not a job or something we do to feel flashy or fancy. Helping people is a **choice**, and you have to make that choice if you want to help and give back.

In the world today, most people have failed to help others and give back to the society because they don't want to or maybe for a different reason. If you don't help other people or give back, it means you don't contribute to humanity.

Presently, we are going through the most challenging and most demanding times in our societies all over the world. Still, the question is, are people helping other people and making a difference? The answer to that question is **'No.'**

People do not understand the importance of helping other people and making a difference because of [selfishness](#). If all you do in life is to focus on yourself and do things to boost your

own ego and self-esteem only, you cannot help others.

People's lives are getting worst because they don't help or contribute to others. ***This book focuses on helping other people and giving back, and I wrote this book for those who want to contribute to others and make a difference.*** This book is not one of those flashy, fancy self-help books. This book is about understanding, helping, and supporting others.

Helping other people is one of the most crucial subject and topics to discuss and understand, but the primary reality is this one:

If you don't' help other people, you can't become successful and prosperous. You have to want to contribute and help others because why? People need support and help, and we have to help other people and make a difference.

Dear reader, I hope you are beginning to understand why helping people is essential and why it is all about making a difference.

The purpose of this book is to get a direct message across to people that want to serve and support people.

The Message - "Helping Other People"!

It is a straightforward message but very important for the people that want to serve and help other people.

People have always wondered - How can I get rich? How do I achieve success? How do I

become prosperous? How do I support my family and loved ones? How do I buy houses and cars?

I am writing it now in this book to make people understand 'you help other people, give back and make a difference in people's lives.'

But the truth is many people will read it and won't fully understand how important it is to serve and help other people.

Chapter 2: Helping Other People Makes You Feel Fulfilled

When you help other people and make a difference, you discover a fantastic feeling. I call this **fulfilment**. People have always asked me, why do you help so many people and make a real difference in their lives?

Do you think I support others because I want money? No! Do you think I help other people because I want a career boost? No! Do you think I help others because I want more success and riches? No! I help people in my life for one thing only, **fulfilment**. Some people will ask, what has fulfilment got to do with helping other people and making a difference? I say it has everything to do with helping other people.

People usually help other people because they want all the enjoyment, success, and prosperity, but they always fail to realise something important. You can be a millionaire, billionaire, or trillionaire and still not make a difference and contribution to others. It sounds a bit shocking but genuine. People don't want the fulfilment that I am talking about in this book because of a very negative reason, [selfishness](#).

Spiritual fulfilment is entirely different from anything else you can imagine in your life

because it does one thing to the people who achieve it. It completely changes your whole life, and you will also become a happier, joyful, triumphant, and prosperous human being who has done one thing with excellence - **helped many people.**

Without spiritual fulfilment, you will never be happy. This will sound shocking to people, but it is the truth that people need to learn **NOW**. Don't chase money, houses, cars, or anything flashy and fancy. Why? It will never help people at all. Some people confuse my books for some sort of money and worldly objects pursuit. No, I write **books to support and contribute to people**. It is not to make me personally wealthy and successful.

As I am writing this book to serve people who want to contribute to others and make a difference, people don't understand what type of contribution to others I have achieved and what difference I made in people's lives. Dear reader, I am one of the youngest authors I know who have written more than six books to help others. I have gone through lots of pains, suffering, misery, depressed episodes, and real hurt to help many people. I have created thousands of videos on YouTube talking about helping other people. I have been working in the mental health industry for over 5 - 6 years, helping people and giving back.

There is a reason why many people can never be spiritually fulfilled. It is hard to write, but I have to say it in this book, the 'self or selfishness.'

People are so full of themselves, and everything has to do with them only. It is a big ego and self-boastfulness nature of ignorance and stupidity. When you become spiritually fulfilled, it changes you. People have mentioned so many different names to describe this spiritual fulfilment. There are no names for it. It is not about saying it has to be this or that; it doesn't matter at all. The way people behave with each other is shocking, but what can you do about it? The answer is nothing! The world is this way because many people are lost and confused with their selfishness, ignorance, and stupidity.

There is a way of achieving spiritual fulfilment, which is very important to the people who want to help and serve other people. This book will ensure you make a difference and impact on other people.

Helping Many People – The Key To Spiritual Fulfilment

This is the secret that no personal development or self-help books will teach you. You have to learn how to contribute to others and make an impact on understanding this spiritual fulfilment. It is something that words cannot explain.

Spiritual fulfilment changes the person who experiences it from helping lots of people. Most people think it is about the money or material riches of your life, but if you are chasing these flashy, fancy, and fun sorts of stuff, you will not make any difference.

Sometimes, the most challenging and courageous thing is to help as many people as possible.

I don't want to go deeply into everything I have been through in this book because I have written other books that explained it, but I will share a few, so you know that it is about helping other people and give back.

Christopher Rose's Personal Life
Experiences:

- Homelessness
- Grandfather's death
- Mother being ill with breast cancer
- Suffering from mental health problems
- Dropping out of university and not having any degree qualification

I share these personal experiences I have been through for someone so young because I have to help more people from some of these life experiences that happened to me. This may sound so tough and hard to deal with, and believe me, it is hard and challenging for me, but the thing I realise from the work I do, from the books I write, From working with mental health clients and serving in the mental health industry is one thing to me; *fulfilment, not money, houses, cars, or anything else.*

I DON'T CHASE AFTER MONEY AT ALL AND I
HAVE NEVER WANTED MONEY IN MY LIFE
BECAUSE I DON'T CARE ABOUT IT AT ALL.

Many people have always asked, how can a young author who writes so many beautiful books about helping others achieve so much

success and prosperity after these challenging problems that I always share? Don't chase money at all, no matter what you want in your life. Don't focus on the money; focus on your contribution to others.

- Spiritual fulfilment links to spirituality
- If you don't have spiritual fulfilment, you would not be happy

What makes fulfilment in helping others so amazing for me is that you make a difference and impact people. This is much more rewarding and satisfying than houses, cars, money, successes, and riches one may have.

Dear reader, if you want to help and contribute to many people, the secret is NOT TO CHASE MONEY (NEVER EVER CHASE MONEY). For so many people like me, once you think about money, it ruins your spiritual fulfilment because the money overpowers the contribution.

This is one of the most challenging things to learn, but it is crucial. If you want money, then - **HELP MANY PEOPLE and CONTRIBUTE.**

Contributions are better than money, and fulfilment is better than worldly things.

Chapter 3: The 3 Levels of Helping Other People

In helping other people and making a difference, there are 3 levels, and I will explain them in this chapter.

There are three levels of helping other people. Learning all three levels will help you to help many other people and make a difference.

These are the three levels of helping other people:

- Business (the highest level in helping other people)
- Career/Employment (great level in helping other people)
- Volunteering (good level in helping other people)

You will have to choose what difference and contribution you want to make to others in your life. But in this book, I will share the best way to make a massive difference and contribution to others.

One of the most rewarding and fulfilling ways of helping other people is to start working in a career and vocation that helps people. This is important for lots of great reasons, but the main one is you get to earn a living from helping other people, which can be used to

make an even more significant difference and contribution to others.

You have to understand and learn how to help other people in your life. Career and employment work is one of the most honourable and courageous ways that I know of helping other people and making a difference to others. It is very powerful and fulfilling to contribute to many people in your career and employment work.

You will learn so many things in each stage of helping other people, but the more quickly you can get a career and vocation work that helps other people and makes the difference, the better for the person you want to serve. Dear reader, you have to serve people to achieve greatness and fulfilment.

I started my work helping other people in a career as a Co-facilitator running a hearing voices group for people with mental health problems and challenges. But I would not have done any volunteering work as a Mentor, Phoenix Recovery Volunteer, and Speaker if I didn't have my career and vocation in mental health.

The best thing now is that I am slowly moving up into the business opportunities available like **uploading videos on YouTube, writing books, talking in many different groups, being involved in movies and documentaries, working in many mental health jobs, and studying life coaching and helping coaches**. But this is what you have to understand, without the career and

employment work in helping other people; you may not be able to do the other things.

People usually think helping other people has to be about what volunteering tasks you do. I have had to keep explaining this one crucial thing about volunteering work, which is good and okay, but if you want to make a better difference and contribute to others, why not earn a living from the work you do for others? It can **HELP YOU and YOUR FAMILY**.

Helping other people is not a job; it has never been a flashy, fancy job. Helping other people is a career path and vocation - please understand this. Helping other people is not about money, houses, or cars.

I was around 25 - 26 years old when I started to help other people and contribute to others. With so many years of mental health work supporting other people and making a difference and impact, I ***learned*** so many things about helping people, which refer to as '*personally fulfilling and rewarding.*'

Helping other people and giving back is about making a difference to others and contributions to people.

Chapter 4: The Impact, Difference, And Contribution in Helping Other People

In helping other people, it is all about making an impact, difference, and contribution to people's lives. The more you help other people and give back, the better your impact, difference, and contribution will be to others. Helping other people is the best work you can do, and you become more fulfilled and happy when you keep on doing it.

You have to understand that helping other people is a vocation that you have to devote your life to and give it all you got to make an impact, difference, and contribution to people's lives. In helping other people, you will meet all the different people who help other people and give back. The most important thing about helping other people and giving back is you must always ***care for your clients and the people you support.***

When you devote your life to helping other people, making an impact and difference, and contributing to others, you will change as a person and become more fulfilled, happy, prosperous, and successful.

Helping other people means you give more than you receive, and you always think about

your clients and the people you support. Dear reader, focus your life on doing this, and you will achieve so many beautiful things.

‘Helping Other People - Impact, Difference, Contribution’

You have to be very passionate and driven to help other people and give back if you're going to make the ultimate impact. When you love helping other people, you will never feel like you are working because you enjoy doing it. Being passionate and humble when helping other people will help you make that massive impact.

Chapter 5: How to Achieve Success, Prosperity, And Riches from Helping Other People

In this chapter of the book, I will explain how you can achieve success, prosperity, and riches by helping other people and giving back. This is one of the most extraordinary things to accomplish from helping other people, and there is a way to become successful, prosperous, and wealthy.

You need to help other people every day of your life and keep making contributions to others.

Success is - the more people you help and contribute to, the more successful you become in life.

Achieving success, prosperity, and riches means you have to *help many people* in your life. You become more successful, prosperous, and wealthy with the more contributions you make to others.

If you want to be financially prosperous, this is what you need to do.

- ***Help hundreds, thousands, millions, and billions of people worldwide***

- ***Give some of your money away to charities, foundations, businesses, organisations, and Faith***

The secret to success, prosperity, and riches is to help other people and make a difference in people's lives.

Helping many people adds excellent rewards to your life, and you will make a massive impact and difference in many people's lives. Helping other people has always made people successful, prosperous, and wealthy.

Just remember - help more people - become more successful, prosperous, and wealthy.

Chapter 6: Helping Other People

The most important thing I have been sharing in this book is **helping other people and giving back**. Helping other people is such a fantastic thing to do, and it is so rewarding and fulfilling. Now, I want to share how you can help other people and make a difference to others.

How you can help other people:

- Work in a business that helps other people
- Work in a career/vocation that helps other people
- Work as a volunteer and help other people
- Write books that help other people
- Create messages that help other people
- Create audiobooks that help other people
- Create videos that help other people
- Work in Faith to help other people
- Do public speaking and inspire people on stages, events, conferences and help other people
- Work in your local community and help other people
- Work overseas as a volunteer and help other people

- Build schools that help other people
- Build churches that help other people
- Build foundations that help other people
- Build charities that help other people
- Help your family and friends
- Help people who help others

These are just a few ways to help other people and give back, and I hope this helps you.

Helping Other People is a Mission that you keep pursuing and working towards because there are always people to help and more contributions to make.

There is one more thing that I want to share, which is the need to become [selfless](#) if you're going to help other people. The more selfless you are towards helping other people, the more successful you can become. Selflessness is one of the secrets in helping other people because your life focuses on helping people and thinking about others' needs and interests before yourself.

Being selfless is the ultimate skill you need to help many people. Being a selfless person is being someone that is always giving to others and contributing to people's lives.

I hope this book has helped you understand more about helping other people and giving back.

Helping other people is about the impact, difference, and contribution you make to others.

I hope you go on to make a real difference in the world and help many people. Thank you all for reading this book and good luck in the future of helping other people.

Helping Other People

Giving Back

**Impact, Difference,
Contributions**

**The Mission - To Help
Many People**

**Success, Fulfilment,
Happiness, Joy,
Prosperity, & Riches
Comes to The Person
Who Helps Other
People and Gives
Back.**

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